

How can I help my Soldier and be a part of this process?

Remind your servicemember that the PDHRA is scheduled to begin three months after they return from deployment and encourage them to take it. Active servicemembers will receive notification from their commands, but in instances where servicemembers are inactive, transitioned back to National Guard or Reserve Component duty, or separated completely from the military, their unit leaders may not require them to participate in the PDHRA.

As a family member, you can help us by reminding and encouraging your loved one to take advantage of the PDHRA. If you recognize any health-related issues that need to be addressed prior to the three-month window, encourage your servicemember to seek healthcare advice from a military treatment facility, the VA or from your own private healthcare provider.

Where can I get more information on the PDHRA program and deployment health?

If you or your loved one has questions about the PDHRA program, information is available at <http://fhp.osd.mil/pdhrainfo> or by calling the Deployment Health Help Line at 1-800-497-6261

Helpful Resources

Army One Source 1.800.464.8107
Army Information Line (1-800-833-6622)
8 a.m. to 4:30 p.m. EST, Mon-Fri

TRICARE

Pharmacy Program 1.877.363.6337
Pharmacy Mail Order 1.866.363.8667
Pharmacy Retail 1.866.363.8779
For Life/Dual Eligibles 1.866.773.0404
Retiree Dental Program 1.888.838.8737
Dental Program 1.800.866.8499
DEERS 1.800.538.9552
Prime Remote 1.888.363.2273
US Family Health Plan 1.800.748.7347
Online 1.800.538.9552
North 1.877.874.2273
South 1.800.444.5445
West 1.888.874.9378

Military Medical Support Office 1.888.647.6676
Department of Veterans Affairs Benefits
1.800.827.1000
Medical Centers 1.800-827.1000
Persian Gulf War Help Line 1.800.749.8387
VA Regional Office 1.877.222.8387
National Coalition for Homeless Veterans
1.800.838.4357
Focus on Recovery Help Line (alcohol/drugs)
1.800-374.2800
National AIDS Hotline 1.800.342.2437
National Crisis Hotline 1.800.784.2433
National Suicide Support Number 1-888-784 2433



Deployment Health

Post Deployment Health Reassessment

“Safeguarding the Health of Those Who Protect Us”



U.S. DEPARTMENT OF DEFENSE
**Force Health Protection
& Readiness**

<https://fhp.osd.mil/pdhrainfo>

Post-Deployment Healthcare for Your Loved One

Our mission is to provide quality healthcare to our dedicated Soldiers and help provide peace of mind to you, their dedicated families.

We recognize that deployment may have an impact on the health and wellbeing of those who serve our country. In an effort to identify and treat Soldiers' deployment-related health concerns, we are implementing the Post-Deployment Health Reassessment, or PDHRA. This program provides education, screening, assessment and access to care for a wide variety of questions and concerns that you and your loved one may have about their health after their return from deployment.

How Does the PDHRA Process Work?

The PDHRA is scheduled to begin three-to six-month after Soldiers return from deployment. Soldiers can expect to get a notification from their unit or commander when it is time for them to begin the process. A questionnaire is used to gather current demographic and health status information. Then, the Soldier will have an opportunity to discuss their deployment health concerns with a healthcare provider. Together with the provider they can determine what additional services are needed. Referrals to healthcare or community-based services will be made at this time, if necessary.

Why is the Post-Deployment Health Reassessment Important?

Family members are often concerned about the health and safety of their loved ones during deployment. And, when loved ones return, families may worry about how deployment has affected the Soldier's health and wellbeing.

When the Soldier in your family completes the PDHRA, you can be reassured that their health concerns and issues are receiving professional attention. Your support and encouragement can assist your loved one in resolving any health concerns they may have.

In the long run, the entire family benefits when Soldiers actively seek healthcare.

How can I help my Soldier and be a part of this process?

If you or your loved one recognize any health-related issues that need to be addressed, you don't have to wait for the PDHRA. Encourage your Soldier to seek healthcare advice for any health problems or issues they may have.

Active duty members should contact their primary care provider. Reserve component members should use the TRICARE benefits they have earned (six-months of benefits after returning from deployment), Veteran's Administration benefits (2-years after returning from deployment) or contact their personal healthcare provider.

You can help by encouraging your loved one to take advantage of the PDHRA program when their unit or commander notifies them that it is time to participate in the program – about three- to six-months after their return from deployment.

Remind your Soldier that the PDHRA program is another opportunity to take advantage of the healthcare services provided to them.

